Vancouver metro

MONDAY, APRIL 10, 2017

BRITISH COLUMBIA
INSTITUTE OF TECHNOLOGY

BCIT™

THE ENGINE OF BC'S
HIGH TECH COMMUNITY.

COMPUTING FOR A COMPLEX WORLD.

BCIT is the largest provider of applied computing diploma grads in the province and an integral part of BC high tech. With the most extensive part-time computing and IT course offerings in Western Canada, you'll quickly build an exciting career, no matter what kind of computing interests you. Learn more at **bcit.ca/computing**

STAT Search Analytics,
Vancouver-based software company

EXPERIENCE COUNTS. TRUST AN EXPERT.

Dr. Steven Kirzner has performed over 80,000 procedures.
Get high-quality vision correction at Coal Harbour Eye Centre.

Call 1-855-304-3937 to schedule a free, no-obligation consultation. Or visit us at seewell.ca

Coal Harbour Eye Centre

Come see us at our new address: 1281 West Georgia St., Suite 101 in Vancouver

Vancouver metro

Your essential daily news | MONDAY, APRIL 10, 2017 | High 11°C/Low 6°C Cloudy with rain

URBAN ETIQUETTE

The ghoster, male or female, is a lazy moral coward. Good riddance, I say, and so should you

metroVIEWS

'A GREAT TRAGEDY'

Five hikers killed in snow slide near Lions Bay

Five hikers crossing an unstable ledge of snow in the mountains north of Vancouver fell 500 metres to their deaths, a search manager said on Sunday.

Martin Colwell said four bodies were recovered at the bottom of Mount Harvey early Sunday afternoon and a fifth body was located several hours later.

"It's a great tragedy," he told reporters at the search headquarters in Lions Bay, B.C. earlier in the day.

Search and rescue crews were alerted to the accident late Saturday afternoon, Colwell said.

A sixth hiker with the group had fallen behind and when he arrived at the summit, the other five had disappeared, Colwell said. "The tracks were at the summit and there was an obvious sheer break in the snow over the north face," he said.

He said it appears the group stepped out on the ledge, or cornice, of unsupported snow and it collapsed under them.

"It's very dangerous, it's very deceptive," he said, of the snow ledge. "It creates a nice gentle curve to the downwind side and it looks like a nice gentle slope in fact to walk on, and tempting to walk on because there is no brush in the way. Unfortunately you can't see the edge of the mountain face below it."

Colwell said the surviving hiker met another person walking up the trail who then alerted police.

Searchers in a helicopter spotted debris from the group left behind in the long track down the mountainside.

Colwell said the five victims were from B.C.'s Lower Mainland and were part of a regular hiking group.

Using the trails up to the top of Mount Harvey isn't dangerous, he said, but there are some very steep cliffs near the summit and getting too close to those with the current winter conditions can be dangerous. THE CANADIAN PRESS

A North Shore Rescue helicopter leaves a training exercise in Pemberton on Saturday after five snowshoers were lost in a snow slide near Lions Bay. Rescue crews located five bodies on Sunday. FACEBOOK/NORTH SHORE RESCUE

Is your money working as hard for you, as you did for it?

SHORT TERM – GREAT RETURN

It's not the stock market? It's not real estate? Call 778-294-5113

Introducing our biggest small business bonus ever: up to 75,000 Aeroplan Miles.

TD Business Banking. The Official Partner of Big Dreams.

TD Aeroplan More Miles Business Bundle

Find out how you can get our biggest small business bonus ever with the TD® Aeroplan® *VISA* Business credit card and select Banking and payment products. It's just one of the ways we're helping small business owners realize their dreams every day.

Conditions apply. Offer ends June 14, 2017.

Visit td.com/moremiles-vm or call 1-877-626-7409 to learn more

® The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

metro NEWS

Your essential daily news

Pets, suits and luxury cars: Some of Canadians' most outrageous tax claims. **Business**

Honouring forgotten veterans

FIRST WORLD WAR

Chinese-Canadians recall role in Vimy Ridge

David P. Ball
Metro | Vancouver

A person is silhouetted as they stand on the Vimy Ridge monument following a ceremony to mark the 100th anniversary of the battle on Sunday near Arras, France. ADRIAN WYLD/THE CANADIAN PRESS

In a French pasture pockmarked by trench warfare's scars, Canadian leaders and veterans looked back a century Sunday to the Battle of Vimy Ridge.

As Canada commemorated 100 years since the decisive First World War trench battle near the northernmost tip of France — including a well-attended ceremony at the battlefield attended by Prime Minister Justin Trudeau and Prince Charles — B.C. advocates are hoping a long-overlooked group of veterans can also be commemorated.

"Canada accepted and paid for them to fight for it," said Don Chapman, founder of the Lost Canadians, a group advocating for people denied citizenship because of arcane legal loopholes. "It was top secret.

"They were sent to battle in World War One — their job was to go out and collect the bodies, dig trenches and put food in the troops."

Those 84,000 veterans were members of the Chinese Labour Corps (CLC), a long-secret contingent of Chinese nationals brought to Victoria by ship, then transported in guarded trains across the country before being deployed to aid beleaguered troops in northern France.

According to retired Canadian Navy reservist King Wan, president of Vancouver's Chinese Canadian Military Museum Society, it wasn't just the Chinese labourers who were blocked from gaining citizenship despite risking their lives for Canada. Even those born here were barred from rights, and Canada "was discouraging Asians from joining" for fear they'd demand rights later, he told Metro. "But a lot of Chinese-Canadians fought for the Canadian Armed Forces anyway," he said.

> **Our history books don't really teach these sorts of things. They were part of Canada and Canadian history in spite of the fact they weren't treated fairly.** King Wan

One of those from B.C., Frederick Lee, died "within the lines of sight of Vimy Ridge," he added, on what's known as Hill 70. (A fundraising campaign is underway to honour Lee and other Chinese-Canadian WWI soldiers, at hill70.ca).

But in documenting both the Chinese-Canadians who enlisted in WWI, and the CLC labourers, the Museum has a singular mission.

"It's such a little-known history," he said. "Our history books don't really teach these sorts of things.

"We want to promote and share that history with the rest of Canada. They were part of Canada and Canadian history in spite of the fact they weren't treated fairly."

The Vimy Ridge battle was so key to defining a Canadian contribution to the war distinct from the U.K. that then-Brigadier-General Arthur Edward Ross famously remarked he had "witnessed the birth of a nation." The phrase was later immortalized in the pages of the nation's passports, and was reiterated by the federal government in the lead-up to the anniversary.

Yet this year also marks the 15th anniversary of Canada's first public acknowledgement of the CLC's role in the war, when officials broke their silence in 2002.

The issue is of interest to Chapman in particular as spokesperson for the cause of people with long-time and historic Canadian connections, but who find themselves denied legal citizenship for a variety of obscure legal reasons — including being told by the federal citizenship ministry that there was no such thing as citizenship prior to the end of the Second World War, Chapman said.

The federal Liberals promised during their election campaign to finally resolve the long-standing "lost Canadians" issue, and since their election have invited Chapman to consult on potential legislation, he told Metro.

"They asked us to help with their bill, but that's been delayed," he said. "I have about 100 people left who are Lost Canadians — lots more might qualify, but there are almost 100 people trying to get citizenship. Why are we still trying to change these laws?"

In the case of the Chinese labourers Canada deployed to the trenches, then-Prime Minister Robert Borden explicitly ensured that none would gain a claim on Canadian citizenship despite their service to the country.

"Even today, Canada is running ads on TV saying this is when Canada became a nation," Chapman said. "If citizenship didn't exist, we're celebrating a bunch of Brits who won in Vimy Ridge. So were they Canadian or not?"

COMPLETE DENTAL IMPLANT
$2999
Includes Nobel Biocare Implant & Crown

Missing A Tooth?
Anxiety? Let relaxation replace apprehension with IV sedation and sleep dentistry

Dental Centres
Harvard Dental Centre, Delta
604-599-5600
Port Coquitlam Dental Centre, Port Coquitlam
604-941-0477
Happy Molar Dental Centre, Burnaby
604-432-9223
Seawall Dental, West Vancouver
604-926-2221
West Van Dental Group, West Vancouver
604-922-3232

City's Syrians have mixed feelings about U.S. attack

WAR

'No one wants that, but how else do you protect people?'

Wanyee Li
Metro | Vancouver

Mohammed Alsaleh at his New Westminster home in December 2015. JENNIFER GAUTHIER/METRO FILE

The Syrian-Canadian community in Vancouver is still reeling from news that the U.S. bombed the country many of them have strong ties to.

But while some believe the violence signals a turn for the worst, others think the decision could spur other countries to finally take the Syrian conflict seriously.

U.S. President Donald Trump launched 59 missiles at an air base in Homs, marking the American government's first direct attack on Syrian forces during the country's six-year civil war. The Thursday attack was triggered by Syrian President Bashar Assad's use of chemical weapons on his own people just days earlier, according to Trump.

The American strike was necessary, said one Vancouverite.

"Something needed to be done," said Rahim Othman, spokesperson for the Syrian Canadian Council of B.C.

"No one wants that, but how else do you protect civilians?"

But others point out that Trump, who placed a travel ban on people with a Syrian passport and restricted the number of refugees the U.S. would accept, doesn't have the best interest of Syrians in mind.

"One day we are potential terrorists, but then suddenly he is concerned about us and trying to protect us from a dictator?" questioned Mohammed Alsaleh, a Syrian refugee accepted into Canada in 2014.

He now works as a resettlement counsellor in Vancouver.

"For me, I was so mad about the fact that he is pretending to help the people he has been persecuting for the last few months."

The apparent change in the president's sentiment also surprised Syrian refugee Wael Alchehabi.

The Vancouver resident, who crossed the U.S.-Canada border near Blaine, Wa., to claim asylum six months ago, says the controversial U.S. attack could trigger the international political will needed to stop Assad.

> One day we are potential terrorists, but then suddenly he (Trump) is concerned about us and trying to protect us from a dictator?
> Mohammed Alsaleh, a Syrian refugee

"We have to wait to know what the political consequences are," he said.

Peace will require global co-operation, said Alchehabi, who hopes to complete a PhD degree in international relations. He is now applying for Canadian permanent residency.

"This is something bigger than Syria. It's about the whole international system."

Alsaleh, who was tortured in Syria for speaking out against Assad's regime, acknowledged the air strike has brought much-needed attention to the bloodshed. "Perhaps one positive thing out of the attack is we now have the opportunity to raise the awareness of Syria."

But more needs to be done, he said, pointing out that hundreds of thousands of people died while politicians stood by. He hears the anger from friends still living in Syria, daily.

"People are very mad and enraged because the concern of the international community wasn't that the Syrian people are dying," he said.

It took the use of chemical weapons to open people's eyes to the killings that had been going on for years, he said.

"If you kill them softly, it's 'OK.' But if you use weapons of mass destruction, then it's not okay. A lot of people are mad about that."

WITH FILES FROM THE ASSOCIATED PRESS

POLITICS

Liberals pledge to cap tolls

The B.C. Liberals are pledging to cap bridge tolls on the Port Mann and Golden Ears bridges at $500 a year, while the province's New Democrats promised Sunday to scrap them altogether if elected on May 9.

Under the government's proposal, commuters who use the bridges on a daily basis would save about $1,100 a year, according to the governing party in a press release. The initiative would cost the government an estimated $30 million a year.

"Our commitment to growing the economy and controlling spending means that we are able to make life more affordable for people using toll bridges in the Metro Vancouver area," said Abbotsford West candidate and finance minister Mike de Jong.

> This cap on tolls will put over $1,000 back into the pockets of daily commuters.
> Minister Mike de Jong

"This cap on tolls will put over $1,000 back into the pockets of daily commuters."

Meanwhile, at their campaign launch on Sunday, the B.C. NDP vowed to phase out the unpopular bridge tolls entirely.

That led to a rebuke on Twitter from B.C. Liberal campaign chair Laura Miller, who dismissed the Opposition promise as if it were scribbled onto a "napkin." The $500 cap, which would take effect on Jan. 1, 2018, would also apply to the replaced Pattullo and new George Massey bridge when they begin operation. METRO

HF LASER SKIN CLINICS

HF LASER SKIN CLINICS IS A CANADIAN COMPANY DEVOTED TO THE ANALYSIS OF NON-DISEASED HAIR PROBLEMS.

A number of men and women experience Hair Loss and Scalp Disorders that will lead to baldness.

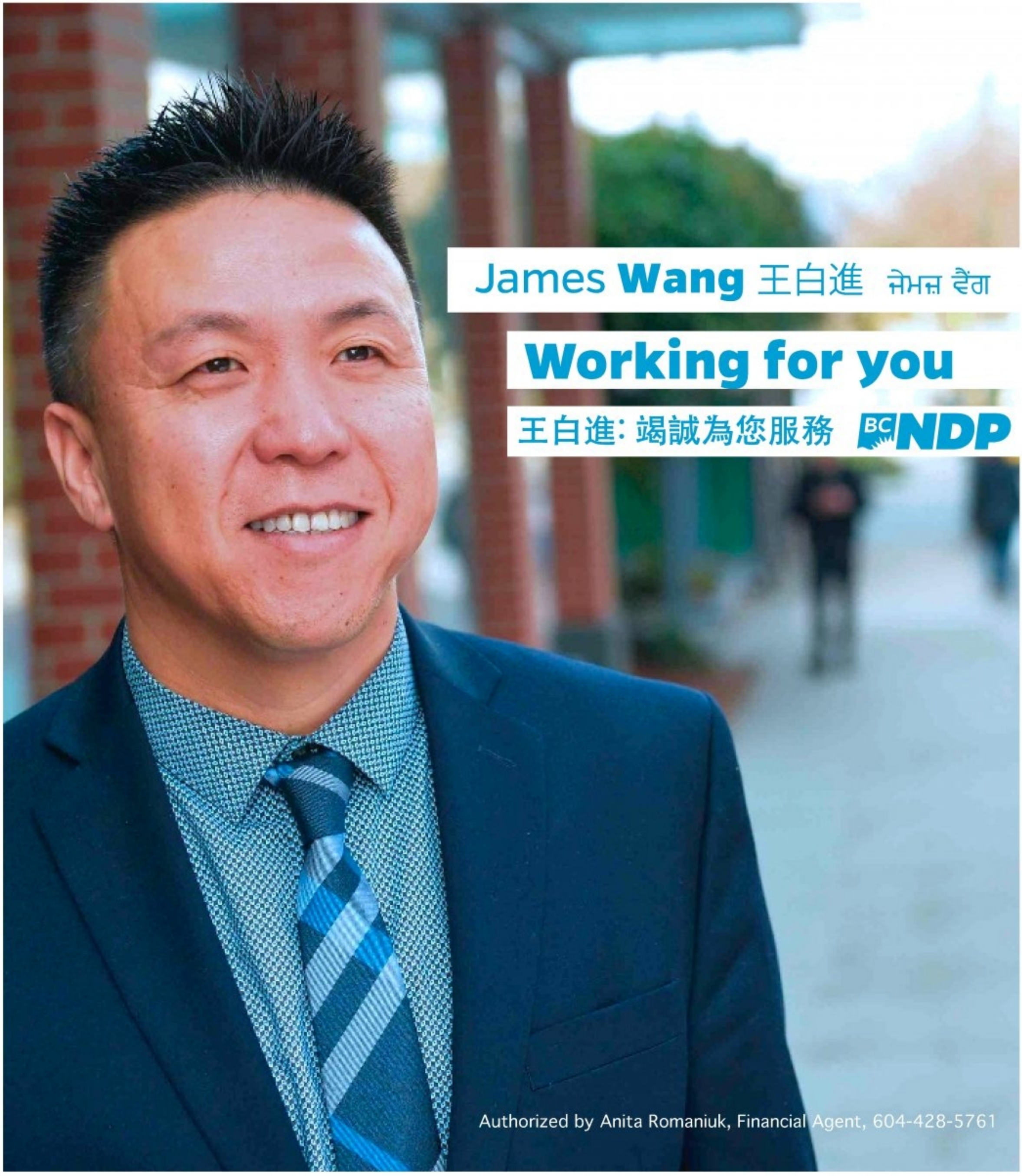
Many men and women suffer Hair Loss and Scalp Disorders that lead to baldness. Most people let their problem escalate through procrastination, neglect or simply a lack of knowledge. Some people waste money and time on hair growth formulas that won't help their type of Hair and Scalp Disorder.

You don't have to be bald. The first step is to learn more about your Hair Loss problem – and what can be done to help you.

To accurately evaluate your Hair Loss disorder, HF LASER SKIN CLINICS provide a complimentary VISUALIZATION MICROSCOPIC TEST to help you understand the cause of your Hair Loss/Thinning problem.

For a free (no charge or obligation) test & scalp analysis, call 604-341-0054 today.

(604) 341-0054 100-3077 Granville Street, Vancouver www.Hairfreeclinics.com • micronvancouver@gmail.com • www.micronlabs.com


James Wang 王白進 ਜੇਮਜ਼ ਵੈਂਗ
Working for you
王白進: 竭誠為您服務
BC NDP
Authorized by Anita Romaniuk, Financial Agent, 604-428-5761

iMARKETING

GREAT CONTACT CENTRE OPPORTUNITIES!

- $150 signing bonus upon completion of 2 week training program
- Earn up to $700+ a week with guaranteed hourly wage + daily and weekly performance bonuses
- Flexi schedule for top performers
- Paid every Friday
- Close to Brentwood Town Centre SkyTrain Station in Burnaby
- Advancement opportunities
- Full-Time & Part-Time Positions NOW Available

FLUENT ENGLISH IS A MUST!

Contact: **Earlene Glasgow**
at **604.681.5779 ext. 710**
Email:
Earlene.glasgow@imkgp.com

Why today's youth love the True North

Canada 150 Art

Hundreds of young people will celebrate through art

Gilbert Ngabo
Metro | Toronto

Ask kids why they love Canada, and the answers may surprise you.

From polar bears and the Great Lakes to Justin Trudeau and the women's national soccer team, young people from across the country are voicing their views about what Canada means for them. And they're being creative about it.

It's all part of 150+ Reasons We Love Canada, a project that's engaging Canadian youth aged 10-29 to celebrate the country's 150th anniversary through beautiful art. Run by the non-profit VIBE Arts, the initiative has reached out to over 500 young people from under-resourced communities in all provinces and territories.

The hand-painted murals will be unveiled to the general public ahead of July 1.

"Many of these young people don't have an opportunity to express their views about national issues," said VIBE Arts executive director Julie Frost. "We thought it was very important to give them this kind of platform where they're free to show their artistic talents and say something about the country."

As part of the project, the artistic charity teamed up with professional artists to run workshops in schools, shelters, public libraries and community centres in every province. Murals painted by the young people will be displayed for two months in Toronto subway stations and 20 airports across the country, including Pearson International. They'll also be digitized and showcased at different venues all over the country.

VIBE Arts executive director Julie Frost is leading a mural project where kids explain why they love Canada. LIZ BEDDALL/METRO

POLICY

Feds aim to lower immigration detention

The federal government is "exploring potential policy changes" to reduce the length of immigration detention and get non-violent migrants out of maximum-security jails, according to a new report.

Canada Border Services Agency's "New National Immigration Detention Framework," released late Friday, is not a concrete plan as much as it is a general set of intentions. But, if implemented, it would signal a substantial shift in how Canada treats its unwanted immigrants.

Based on a series of stakeholder consultations conducted last fall in response to mounting public pressure, the report from Canada's border police agency says it wants to "better align" itself with international and domestic standards for immigration detention by reducing the use of maximum-security jails, expanding alternatives to detention and "drastically" shrinking the number of children in detention.

Canada's border police can detain immigrants who have been found inadmissible to the country if they believe they are a danger to the public, will not show up for their deportation, or if their identity is in doubt. The average length of detention last year was 23 days, but hundreds of detainees end up languishing in deportation limbo for months or years.

A Torstar investigation found Canada's immigration detention system regularly subjects difficult-to-deport migrants to indefinite detention — often in maximum-security jails — and is routinely unable to solve long-term detentions.

TORSTAR NEWS SERVICE

CORRECTION NOTICE

In the April 6th publication, the Hyundai Canada ad identified savings up to 33% off the 2017 Accent L 6MT 5 Door.

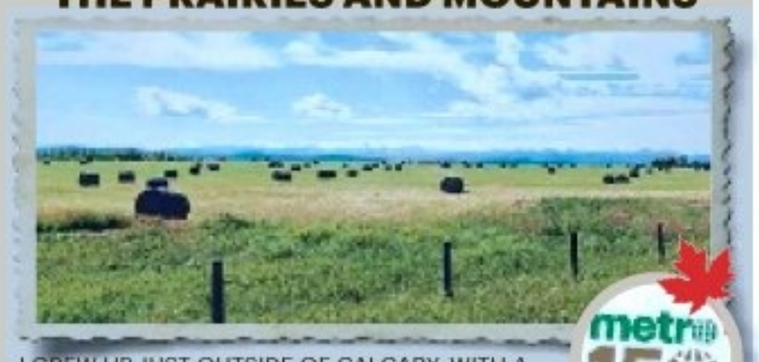
The correct amount is 30% off the starting price of $15,637 for a price adjustment of $4,642 for the 2017 Accent L 6 MT 5-door.

We apologize for the inconvenience.

150 WAYS of looking at Canada

POSTCARD NO. 68

THE PRAIRIES AND MOUNTAINS



I GREW UP JUST OUTSIDE OF CALGARY, WITH A BREATHTAKING VIEW OF WHERE THE PRAIRIES MEET THE ROCKY MOUNTAINS. IT TOOK MOVING TO ANOTHER PROVINCE FOR A NUMBER OF YEARS TO REALLY APPRECIATE THE BEAUTY THAT SURROUNDED ME FOR SO LONG. **SIDNEY STARKMAN**

Suicide bombers kill dozens at church services in Egypt

TERRORISM

Government seeks to install 3-month state of emergency

Blood stains pews inside the St. George's Church after a suicide bombing in Tanta, Egypt, on Sunday. Bombs exploded at two Coptic churches in the northern cities of Tanta and Alexandria as worshippers were celebrating Palm Sunday, killing over 40 people and wounding scores more.
NARIMAN EL-MOFTY/THE ASSOCIATED PRESS

Suicide bombers struck hours apart at two Coptic churches in northern Egypt, killing 44 people and turning Palm Sunday services into scenes of horror and outrage at the government that led the president to call for a three-month state of emergency.

Daesh claimed responsibility for the violence, adding to fears that extremists are shifting their focus to civilians, especially Egypt's Christian minority.

The attacks in the northern cities of Tanta and Alexandria that also left 126 people wounded came at the start of Holy Week leading up to Easter, just weeks before Pope Francis is due to visit.

Pope Tawadros II, the leader of the Coptic church who will meet with Francis on April 28-29, was in the Alexandra cathedral at the time of the bombing but was unhurt, the Interior Ministry said.

It was the single deadliest day for Christians in decades and the worst since a bombing at a Cairo church in December killed 30 people.

Late Sunday night, President Abdel-Fattah el-Sissi called for a three-month state of emergency. According to Egypt's constitution, parliament must vote in favour of such a declaration — a certainty since it is packed with supporters of the president. It cannot exceed six months without a referendum to extend it.

The president also dispatched elite troops across the country to protect key installations and accused unidentified countries of fueling instability.

The attacks highlighted the difficulties facing el-Sissi's government in protecting Christians, who make up about 10 per cent of Egypt's population.

"Where is the government?" screamed an angry Maged Saleh, who rushed to the church in the Nile Delta city of Tanta where his mother escaped the carnage.

The first bomb exploded inside St. George's Church in Tanta, killing at least 27 people and wounding 78, officials said, overturning pews, shattering windows and staining the white-washed walls with blood.

A few hours later, a suicide bomber rushed toward St. Mark's Cathedral in the coastal city of Alexandria, the historic seat of Christendom in Egypt, killing at least 17 people and wounding 48.

Pope Tawadros II had held Palm Sunday services at the cathedral and the timing of the attack indicated the bomber had sought to assassinate him.

THE ASSOCIATED PRESS

GLOBAL DIGEST

Sweden questions welcoming policies

Swedes questioned their immigration policies on Sunday after learning that an asylum-seeker from Uzbekistan was allegedly behind the truck rampage that killed four people.

The Swedish capital was slowly regaining its normal rhythm as details about the suspect emerged. Police said he had been ordered to leave Sweden in December because his request for a residence permit was rejected. AP

Russia and Iran affirm commitment to Assad

Russia and Iran renewed their support for the Syrian government in a flurry of calls on Sunday, saying last week's U.S. missile strike violated Syrian sovereignty but failed to boost the morale of "terror groups" in Syria.

Iranian President Hassan Rouhani called the strike on Friday a "blatant violation" of Syrian sovereignty. Assad accused the U.S. of trying to boost the morale of "terror groups." AP

NEW natural ingredient produces 34% more hair in 8 months!

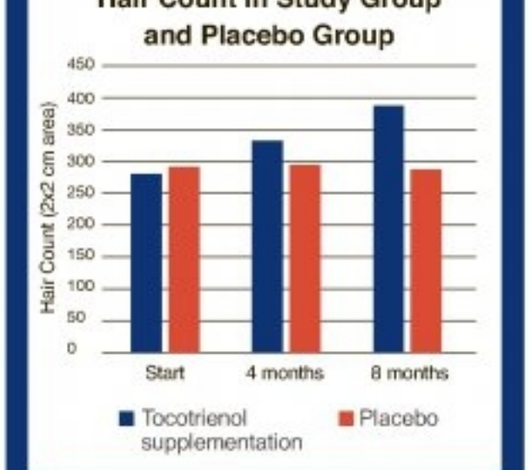
Hair Gro
Nourishes the hair and supports hair growth
Nourrit les cheveux et soutient la croissance capillaire
60 capsules

It is known that supplements can increase hair health and volume to some degree, but to find a supplement that can increase hair growth strongly is rare. Still, this is what scientist are finding when studying palm oil extracts.

A recent study was done at the University of Malaysia with 38 people suffering from hair loss (alopecia)*. They were told to take a palm oil extract containing a special ratio of "super-antioxidants" called tocotrienols, known to lower oxidation in the scalp and thus allow for better – and new - hair growth. The results were surprisingly good!

STUDY RESULT:

Researchers studied an area of the scalp equal to 2x2 cm and counted the hairs at the beginning of the study, at 4 months and at 8 months. At the end of the study, the participants on the tocotrienol supplement had gained 34.5% more hair or an increase in average hair count from 285 to 383 hairs. Most of the group showed increases of 10-25%, but 40% of the group had more than 50% increase in hair growth. And only one person did not have any results.



In Canada, this complex of tocotrienols is now available in the Health Canada licensed product called Hair Gro™ from New Nordic. Hair Gro is available now at participating pharmacies and health food stores. For more information or to purchase directly, please visit our website or call: 1-877-696-6734.

ONLINE SHOP
newnordic.ca

SHOPPERS DRUG MART · Walmart · Loblaws · Superstore · Extra Foods · Zehrs Markets · GNC Live Well · amazon.ca

*Tropical Life Sciences Research 2010 "Effects of Tocotrienol Supplementation on Hair Growth in Human Volunteers" Beoy, Woei et Hay, University Sains Malaysia. To make sure this product is right for you, always read the label and follow the instructions.

Refugees seeing a glimmer of hope

SYRIA

Trump's shift in policy brings optimism, but not for all

Syrian refugee children run at an informal refugee camp, at Al-Marj town in Bekaa valley, east Lebanon. THE ASSOCIATED PRESS

For the millions of Syrian refugees scattered across camps and illegal settlements, the chemical attack on a town in northern Syria and subsequent U.S. strike was a rare moment when the world turned its attention to Syria, before turning away again.

Some cheered the U.S. cruise missiles that hit an air base in central Syria, but others insist they are opposed to any U.S. intervention. Few had any hopes that the apparent sudden shift in President Donald Trump's policy would help their situation.

DRAMATIC CHANGE

The strike marked a swift reversal on Syria for Trump, who had repeatedly said the U.S. should stay out of the civil war. But several refugees regarded Trump's policy shift with bitterness, noting that he said he was moved to act by photos of the "beautiful babies" killed in the gas attack after working for months to bar millions of refugee children and their families from entering the United States.

Trump has not spoken on whether his renewed involvement in Syria will also include a changed policy on Syrian refugees. But some refugee agencies in the United States are hoping that change is coming as well.

TRUMP'S CHOICE

The Syrian refugees of Kawergosk in northern Iraq have been around for so long that their camp has turned into a small town. Shops of all kinds line its main street and most of the tents have been converted into small cement block houses.

Many of the camp's residents welcomed the American cruise missile attack on Syria but said that they wished America would go further and intervene to end the country's six-year civil war.

THE CURRENT POLICY

Trump had taken a hands-off approach to Syria as both a private citizen and a presidential candidate, even urging Barack Obama in 2013 to avoid getting involved. The first iteration of Trump's now blocked travel ban indefinitely barred all Syrian nationals from coming to the United States. THE ASSOCIATED PRESS

TAXES

Some claims taxing the limits

For some, income tax season is an opportunity to think outside the box and test the limits of what can be claimed. Some of the more daring tax claims Canadians have made:

Tax lawyer Paul DioGuardi once successfully defended a man who claimed a portion of the cost of his Rolls-Royce Silver Cloud as a business expense. He used it as a personal vehicle and as a delivery car for his clients.

Lisa Gittens, a tax professional with H&R Block, says a woman last year tried to claim her cat as a dependent and bringing in all her receipts for food and vet bills. If your pet is working for you, you may be able to claim their costs. A farmer was once allowed to claim cat and dog food because they were outdoor pets acquired to keep wildlife away.

Tax lawyer Paul DioGuardi's firm successfully defended a client's right to claim a $5,000 Brioni suit that he only wore when he did media appearances, advertisements and television commercials. In this case it was part of the client's persona, DioGuardi said. THE CANADIAN PRESS

MEND is a FREE and fun program that empowers families with children aged 7-13 who are above a healthy weight to become healthier by participating in twice-weekly sessions focused on healthy meal planning, goal setting and physical activity. More play, less screen time, and improved self-esteem are some of the many benefits of MEND.

For more information and how to enroll go to **www.bchealthykids.ca**
To see if MEND is right for your family or to register contact **604-320-5826** or email **mend@gv.ymca.ca**

mend
Promoting Healthy Weights Through Healthy Living

metro VIEWS
Your essential daily news

PHILOSOPHER CAT by Jason Logan

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION
Can I confront a ghoster?

Dear Ellen,

I met a woman online, we met for coffee and connected right away. We had some great dates and started making plans to spend more time together. Then, after a few weeks, she cancelled by email at the last minute, and completely disappeared. She's not on the dating site anymore, or she has blocked me. Now I'm wondering whether to contact her. Women complain about being ghosted all the time, but obviously they do it too. I think I deserve an explanation. Advice?

Rick

Dear Rick,

Yes, you deserve some kind of explanation. No, you should most definitely not contact her, for the following reasons: a) she cancelled dinner, then cancelled you on the dating site, so it's not like she's lying in a ditch somewhere and needs your help; b) tracking her down and contacting her after she's ghosted you puts you firmly in stalker territory, which is not where any polite, or sane, person wants to go.

Also, while it's true that women complain about being ghosted, and then turn around and do it themselves, that fact is completely irrelevant. The female of the species can be just as rude, heartless and cruel as any other, but their bad behaviour is no excuse for relaxing one's own standards.

I'm not saying she owed you an excessively detailed explanation. Whether she had a personal crisis, or a horrifying medical diagnosis, or an inconvenient acne breakout, or she just found another guy she liked better, she is under no obligation to tell you about any of it.

But what she, or any one of us, must do is at least send a polite note. Nobody wants to hear "Hey, it was great to meet you and spend time with you, but I don't think this is quite right for me." But at least you'll have clarity.

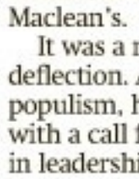
The right thing for you to do here is swallow your pride, and believe that time will heal.

If it's any consolation, assuming you behaved like a gentleman, you can also be assured that she's not good enough for you anyway.

The ghoster, male or female, is a lazy moral coward who'd rather take the easy way out than extend another person the common decency of a formal farewell. They don't have the first inkling about what makes a good relationship. Good riddance, I say, and so should you.

Need advice?
Email Ellen:
askellen@metronews.ca

Prime minister must pin down his feminism



Vicky Mochama
Metro | Toronto

Justin Trudeau's feminism needs to be more specific.

Feminism, especially intersectional feminism, is a big chaotic tent. The diversity of speakers and issues at the Women's March alone were proof of that. Feminists are concerned about everything from equal pay to environmental issues to Indigenous rights.

So what exactly is the prime minister talking about when he claims to be a feminist?

At the recent Women in the World Summit, an annual conference of activists, politicians, business leaders and artists, Justin Trudeau rolled out his greatest feminist hits featuring a light Lean-In seminar. He was interviewed by former New Yorker editor-in-chief and conference creator Tina Brown in front of a crowd at Lincoln Centre, reports Maclean's.

It was a master class in deflection. Asked about rising populism, he responded with a call for more women in leadership. Asked about being seen as an "elite wonder boy," he responded that he was proud of being his mother's son. Asked about his relationship with Ivanka Trump, he didn't even mention her name in his answer.

The New York City crowd evidently loved it. At home, however, I can't help but roll my eyes. It's easy to be a feminist on New York City's streets, but here in Canada, I am going to need to see some receipts.

Women in Canada are still waiting for something resembling a comprehensive childcare strategy.

Indigenous children are still waiting for Ottawa to fulfil the order by the Canadian Human Rights Tribunal to reform child welfare.

The recently announced budget did not increase international aid at a time when the United States has reinstated the global gag rule on abortion and ended funding for the United Nations Population Fund.

The prime minister has done some positive work. He has lifted the two per cent funding cap on First Nations. Canada has joined others to fill the gap left by Trump's cuts with a $20 million funding pledge for global reproductive health, including contraceptives and post-abortion care. After years of non-response, the government has convened the Missing and Murdered Indigenous Women inquiry. And the Liberals have sought to add a gender analysis, albeit an imprecise one, to policy decisions.

But many of Prime Minister Trudeau's policy changes leave a lot to be desired. Feminism is not a matter of branding. It requires work and accountability. Vague answers and Lean In-style calls for women to step up do a disservice to Canadian women who need their prime minister to do more.

metro Your essential daily news
CHIEF OPERATING OFFICER, PRINT **Sandy MacLeod**
VICE PRESIDENT & EDITOR **Cathrin Bradbury**
EXECUTIVE VICE PRESIDENT, REGIONAL SALES **Steve Shrout**
MANAGING EDITOR VANCOUVER **Jeff Hodson**
ADVERTISER INQUIRIES adinfovancouver@metronews.ca **General phone** 604-602-1002

You are invited to an **INFORMATION SESSION**
STENBERG COLLEGE
604-580-2772
stenbergcollege.com

Rewarding Careers Supporting Seniors

Health Care Assistant
As a Health Care Assistant you provide support to elderly individuals and help them maintain a level of independence while easing their pain and improving their quality of life. Earn up to $23.05 / hour.

Therapeutic Recreation
The field of therapeutic recreation, especially for older adults (gerontology), is not just limited to physical exercise but activities that promote healthy living. These activities include: arts & crafts, music, gardening, games, social events, outings and entertainment. Earn up to $24.83 / hour.

100% Employment: Get a job as a Health Care Assistant or in Therapeutic Recreation within 6 months of program completion or your full tuition will be refunded*
*some conditions apply

You are invited to an
INFORMATION SESSION
Wednesday, April 19th
7:00 pm – 9:00 pm
Stenberg College
Suite 750-13450 102nd Ave, Surrey
(Central City Tower)

Please RSVP to
rsvp@stenbergcollege.com or
by tel: 604-634-0384

metro LIFE

Your essential daily news

New parents Janet Jackson and Wissam Al Mana are separating, ABC News reports

Vegetarianism is not always ethical

FOOD

Giving up meat won't save the planet — or your soul

FOOD & ETHICS
Tips for becoming an ethical eater
Figure out what you care about most and shop accordingly.
Shop local. Ideally, ethical omnivores eat only local, organic and humanely raised meat.
If strictly vegetarian or vegan is too daunting, stick to a 'reducitarian' or 'flexitarian' diet that minimizes the amount of animal products.
MARISSA LANDRIGAN
The Vegetarian's Guide to Eating Meat
A Young Woman's Search for Ethical Food

The strawberry could be grown with chemicals that endanger the environment and those who work in the fields, says Melissa Landrigan. TORSTAR NEWS SERVICE FILE

Marissa Landrigan stopped eating meat for ethical reasons — and then started eating meat for ethical reasons.

For a summer job right after college in 2007, she was researching threats to California's waterways and learned that crops, including the innocent strawberry, could be grown with chemicals that endangered the environment and the people who worked the fields.

It had never before occurred to her, a hardcore vegetarian since her freshman year, that growing fruit and vegetables could be as ethically questionable as farming animals. A decade later, Landrigan, now 34 and a Pittsburgh area-based writing professor, extols the virtues of eating meat in her memoir, The Vegetarian's Guide to Eating Meat: A Young Woman's Search for Ethical Food, released this Friday.

"Ethical eating isn't about a black and white choice where vegetarian and vegan is always good and meat is always bad," Landrigan said in an interview. She now uses "ethical omnivore" as shorthand to describe how she eats.

"I had to decide what was more important: always boycotting meat or generally supporting the most ethical and sustainable and humane food production I could find, which would sometimes involve livestock animals."

For many like the young Landrigan, achieving a guilt-free diet means cutting out meat, eggs and dairy in order to satiate concerns over animal welfare and the environment — research has generally shown that livestock farming is a significant contributor to greenhouse gas emissions.

In college, Landrigan disavowed meat as part of a broader sense of anticorporate activism only to discover her faux chicken, veggie burgers, even organic tomato paste could still be products of an industrial food system she opposed. For example, the vegetarian Boca Burger is sold by Kraft, which makes hotdogs and deli meat from the largest pork producers in the U.S.

And there are plenty of other examples of dubious produce.

Demand for quinoa led to overproduction and unstable crop prices for Peruvian farmers. Avocados are associated with drug cartels and deforestation in Mexico.

Water-intensive almond growing in California was partly blamed for water shortage during that state's multi-year drought. The Vietnamese nut industry has been accused of producing "blood cashews," forcing drug addicts to shell the nuts through treatment centres doubling as labour camps. Soy crops — though mostly used for animal and chicken feed — have been linked to destruction of the Amazon rainforest.

Though meat consumption in Canada has declined or plateaued in the past four decades — per capita red meat went down nearly 40 per cent between 1980 and 2015, according to government statistics — along with the rise of "plant-based" diets and Meatless Mondays, it's estimated only 4 per cent of Canadians do not eat animal products at all.

Landrigan tries to shop local, where her money supports her community, not a multinational conglomerate that may operate with unethical practices under some other company name — which led her to return to eating meat.

TORSTAR NEWS SERVICE

BACK IN ACTION IN THE BLINK OF AN EYE.
With LASIK, see clearly in only 10 minutes and experience virtually no downtime.
Starting at $490/eye*
Book a free consultation at 1-855-301-2020 or lasikmd.com
LASIK MD VISION
*Prices are subject to change without prior notice and vary based on prescription strength. Standard LASIK starting at $490/eye and Custom LASIK starting at $1,490/eye. Other conditions may apply.

Don't get sued by a former employer

LAW AND CONTRACTS

Know your non-compete, solicitation clauses

Genna Buck
Metro Canada

Self-driving-car guru Anthony Levandowski spent nine years at Google. He was, in large part, the brains behind the search giant's venture into researching autonomous vehicles.

But in 2016, he ditched that gig to start a self-driving-truck company, Otto trucking.

Then he turned around and sold Otto, a few months later, to Uber — the ridesharing juggernaut that stands to gain a lot from replacing its expensive human drivers with robots who never ask for a raise.

According to a lawsuit filed by Waymo, a Google subsidiary, before he left his job Levandowski allegedly downloaded more than 14,000 confidential files, then wiped his laptop to cover his tracks.

Google invested a lot of money to gain that knowledge and had a reasonable — and legally protected — right to keep it safe from competitors.

Situations like this are the reason that when you start a new job, you might be asked to sign a contract restricting what you can do once you leave it.

This could take the form of a non-compete clause, which says you can't work for a direct competitor for a certain period of time in a certain place, or a non-solicitation clause, which restricts you from "poaching" clients or employees to your new workplace.

In a lawsuit against Uber, self-driving car guru Anthony Levandowski is accused by a Google subsidiary, of allegedly downloading confidential information before he left. AP FILE

It's also why you can't share confidential information from your old employer with your new one. (That part is common sense: You can be sued for sharing a company's secrets even if there's nothing specific in your contract that says you can't).

But the situation doesn't have to be as high-profile as the Uber example for an ex-employee to end up on the wrong side of a lawsuit in Canada if they choose to leave and go to a competitor.

In this competitive landscape, workers change jobs a lot. And, especially in high-tech sectors, they may be privy to extremely valuable information. The spectre of getting sued by your former employer is more real than ever. And that can present a problem for employees who don't know their rights, according to Kumail Karimjee, an employment lawyer in Toronto who represents both workers and companies.

"People often sign contracts at the beginning of a relationship with some excitement and euphoria but not a lot of careful review" because they want to get the job and don't want to be seen as a person who makes a fuss, Karimjee said.

But unless you are, like Levandowski, a big-shot such as a CEO or cofounder, non-compete clauses are almost never allowed by the courts, Karimjee explained. That's particularly true if the company has tried to sneak in a contract that's very broad, like "no working in the software industry anywhere in Canada for five years."

That's clearly not allowed, he said. But some employers will still try to get you to sign off on it.

"That doesn't stop employers from potentially starting an action against you. For an employee, it can be a very time-consuming, costly and stressful thing," Karimjee said.

It's important to deal with such a contract issue from the very beginning, said employment lawyer Lai-King Hum. "If you see a clause that's way too general, then you want to get rid of it or you negotiate so you limit the application of the clause."

Non-solicitation clauses, meanwhile, are a little different.

A hairdresser's clients or coworkers, for example, are free to jump ship and join her if they want, but she can't actively entice them away.

The key thing to understand, Karimjee said, is that the law is generally on the workers' side: People are, as a rule, free to change jobs and make a living how they please. The onus is on the employer to show the employee harmed them by poaching people or information.

"A feeling of hurt may be driving it: 'This person burned us. We trusted this person.' And sometimes that emotion may have a greater impact on the decision-making than the refined legal analysis provided by the company's lawyer," Karimjee said.

BioTouch Canada
Microblading & Permanent Makeup Classes
Comprehensive Permanent makeup courses
Comprehensive eyebrow courses - microblading and powdering
Permanent eyeliner and lips course -
Certification upon successful completion
The BioTouch Training Programs offer
• Step-by step instruction • Corrective problem solving strategies
• Hands on practice • Free refresher courses
• The latest techniques • Student discounts on supplies
SIGN UP FOR YOUR BEST CAREER TODAY!
Find out More @ www.biotouchcanada.com/education
Call: 604.873.3636 or Email: info@biotouchcanada.com

PLAY Yesterday's Answers
from your daily crossword and Sudoku

1	4	7	5	8	3	9	2	6
5	6	9	2	1	7	3	4	8
2	3	8	9	4	6	5	7	1
4	8	6	1	5	2	7	9	3
3	7	1	6	9	4	8	5	2
9	5	2	7	3	8	6	1	4
6	9	5	8	2	1	4	3	7
7	1	4	3	6	5	2	8	9
8	2	3	4	7	9	1	6	5

for more fun and games go to metronews.ca/games

metro | Service Directory
To advertise call 604.602.1002

SPIRITUALIST

ESHWAR ASTROLOGY CENTRE
BORN GIFTED WITH PSYCHIC & SPIRITUAL POWERS
OVERPOWERS AND IMPOSSIBLE PROBLEMS WILL BE SOLVED
9 TIMES MORE EXPERIENCED ASTROLOGER
Reuniting Lost Love · Family Issues
Separation - Divorce · Success in Career
Marriage Problems · Negative Energy
POWERFUL LOVE AND MONEY SPELLS
ANY TYPE OF BLACK MAGIC WILL BE REMOVED IN 3 DAYS
DON'T MISS THE ULTIMATE HEALING EXPERIENCE
604-760-3342 / SURREY. BC

INDIAN ASTROLOGER PSYCHIC
PANDITH RAMKUMAR
Face Reading * Hand Reading * Horoscope Reading
If you are not satisfied with other astrologers then come to us and get all your problems solved. 100% Guaranteed!
All Religions Welcome!
Solves Problem in Business, Love, Marriage, Job, Money, Children Mistakes, Husband & Wife Matters Sexual Problems, Wealth, Sickness, Depression, Court Matters, Jealousy, Personal Matter, etc.
OPEN 7 DAYS Removal of Black Magic & Evil Spirits TIME: 10AM TO 8PM
604-652-4136
6969 FRASER ST., VANCOUVER, BC. V5X 3V3

INDIAN ASTROLOGER & PSYCHIC
PANDIT: RAMDEV
PALM * READING * FACE READING * HOROSCOPE
REMOVES BLACK MAGIC, HADOOP, VISIO, OBEYAH EVIL SPIRITS & 9 DAYS GOOD RESULT
PROVIDES 100% LONG TIME, PROTECTION
EXPERT IN BRINGING BACK LOVED ONES...
PROBLEM IN BUSINESS, LOVE, MARRIAGE, JOB, MONEY, CHILDREN MISTAKES, HUSBAND & WIFE. MATTERS RELATIONSHIP, WEALTH, SICKNESS, DEPRESSION, COURT MATTERS, JEALOUSY, PERSONAL MATTER
NOBODY CAN BREAK MY WORK IF YOU HAVE PROBLEMS. I HAVE SOLUTIONS
604-369-8051 Life long protection
12187 75 Ave, Surrey, BC

ASTROLOGER & PSYCHIC HEALER
MASTER: SHIVARAMJI
EXPERT IN HOROSCOPE, PALMISTRY, FACE READING, ETC.
SPECIALIST IN BRINGING BACK LOVED ONES...
He can solve problems in love, money, children and any kind of personal problems. Master is Expert in All Types of Removing Black Magic, Voodo, Spirit, Obeau, Generation Curses, Evil Energy & Spirits, Butu, Witchcraft & Bad Luck.
OPEN 7 DAYS 10 AM - 9 PM
604-621-5642
ALL RELIGIONS WELCOME 12070 76 Ave, Surrey, BC WALK-INS WELCOME

GAYATHRI MATHA ASTROLOGY CENTRE
PT. SHIVARAM SHASTRY
An Expert Pandit & Face Reading
Specialist In All Types Of Spiritual Healing
I Can Tell Your Past, Present & Future
I Can Remove Black Magic, Jadoo, Witch Craft
100% Guaranteed To Solve All Your Problems
OPEN 7 DAYS 100% Private & Confidential OPEN 9AM-9PM
★ Children Problems ★ Husband & Wife Problems ★ Family Matters ★ Jealousy ★ Evil Eye Power ★ Black Magic ★ Business Problems ★ Enemy Problems ★ Job ★ Lotto Numbers ★ Miscarriage ★ Health Problem ★ Education ★ Love & Marriage ★ Money Problems ★ Negativity ★ Depression ★
604.761.8906 6526 Main St., Vancouver
Palika Bazaar, Mini Mall

LEGAL

I, Anurag Tiwari son of Dinesh Kumar Tiwari, holder of Indian Passport No M8387155, issued at Vancouver, BC on 14/10/2015, permanent resident of 602B/50 Shanti-Niketan Street No. 3 New Govind Nagar Ramganj Ajmer Rajasthan, India and presently residing at 2711 Alamein Ave., Vancouver, BC Canada V6L 1S1 do herby change my name from Anurag Tiwari to Andre Zaeven, with immediate effect.

metro SPORTS

Hilary Knight scored the overtime winner to lift the host U.S. to a 3-2 victory and a fourth straight world championship on Friday in Plymouth, Mich.

Canucks lose 8th straight to end year

NHL

McDavid wins Art Ross, leads Oilers to victory

Connor McDavid hit the 100-point mark and Jordan Eberle recorded a hat trick as the Edmonton Oilers downed the Vancouver Canucks 5-2 on Sunday in the final regular-season game on the NHL schedule.

McDavid, who had a pair of assists, ended the season with 30 goals and 70 assists in 82 games and is the only player this season to reach 100 points. Pittsburgh's Sidney Crosby and Chicago's Patrick Kane finished tied for second in points with 89 apiece.

Edmonton will open the playoffs at home against the San Jose Sharks on Wednesday.

Drake Caggiula and Leon Draisaitl also scored for the red-hot Oilers (47-26-9), who have won 12 of their last 14 games and nine in a row on home ice.

Nikolay Goldobin and Nikita Tryamkin replied for the Canucks (30-43-9), who lost their final eight games of the season and missed the playoffs for the second consecutive year.

Edmonton took the lead on a two-man advantage with 1:14 remaining in the opening period, as an Eberle pass attempt hit defender Luca Sbisa and caromed past Vancouver starter Richard Bachman.

The Canucks tied it up two minutes into the second frame as Goldobin batted a Daniel Sedin pass out of the air and into the Oilers net past goalie Laurent Brossoit.

The Oilers regained the lead a couple of minutes later when Eberle picked off a pass and beat Bachman up high.

Shortly after an Anton Slepyshev goal was disallowed upon review for an off-side call with six minutes left in the second, the Oilers made up for it when McDavid extended his point streak to 14 games by setting up a Caggiula goal on a rush to make it 3-1.

Eberle got his hat-trick goal, and 20th of the season, just 31 seconds into the third period, converting on a beauty spin-around feed from Ryan Nugent-Hopkins.

McDavid hit the 100-point plateau on the Oilers' fifth goal just over a minute later, setting up a goal by Draisaitl's 29th of the year.

Vancouver got a goal back from Tryamkin to close out the scoring. THE CANADIAN PRESS

SUNDAY In Edmonton

5	2
OILERS	CANUCKS

The Canucks' Nikolay Goldobin falls to the ice as the Oilers' Adam Larsson defends on Sunday. THE CANADIAN PRESS

MASTERS

Garcia clubs majors monkey off his back

Sergio Garcia finally showed he has what it takes to win a major, and he has a green jacket to prove it.

Needing his best golf on just about every shot in the final hour at the Masters, Garcia overcame a two-shot deficit with six holes to play and beat Justin Rose in a sudden-death playoff Sunday for his first major after nearly two decades of heartache.

No one ever played more majors as a pro — 70 — before winning a major for the first time.

Garcia got rid of the demons and the doubts with two big moments on the par 5s — one a par, the other an eagle — in closing with a 3-under 69. It was never easy until the end, when Rose sent his drive into the trees on the 18th hole in the playoff, punched out and failed to save par from 15 feet.

That gave the 37-year-old Spaniard two putts from 12 feet for the victory, but he only needed one as his putt swirled into the cup. THE ASSOCIATED PRESS

Sergio Garcia
GETTY IMAGES

IN BRIEF

Westbrook sets triple-double record in style

Russell Westbrook broke Oscar Robertson's 56-year-old record with his 42nd triple-double of the season Sunday, then he broke the Denver Nuggets' hearts with a buzzer-beating three-pointer for a 106-105 victory.

That eliminated the Nuggets from playoff contention.

Westbrook finished with 50 points, 15 rebounds and 10 assists. THE ASSOCIATED PRESS

Souza powers Rays over stumbling Blue Jays

Steven Souza Jr. hit a three-run homer and was involved in a scrum after a slide during the Tampa Bay Rays' 7-2 victory over the Toronto Blue Jays on Sunday.

Toronto (1-5), which lost three of four in Tampa, got a home run from Josh Donaldson, who left after grounding out in the sixth with right calf tightness. THE ASSOCIATED PRESS

CENTRE for HIP Health and Mobility
UBC
Vancouver Coastal Health Research Institute
Healthier lives through discovery

Attention all seniors:

How is your quality of sleep?

Researchers from the University of British Columbia are inviting people who are between the ages 65-85 and experiencing a decline in their quality of sleep to participate in a research study. This study aims to determine whether a combination of sleep seminars, bright light therapy, and physical activity encouragement can improve sleep.

The study lasts for 6 months and is free for participants.

For more information, please contact Serena Midttun, Recruitment Coordinator, at 604-875-4111 Ext. 69313

This study is being conducted by Dr. Teresa Liu-Ambrose

MAKE IT TODAY

Lovely Pinkie Pie Smoothie

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We don't generally give cute names to our drinks but the sweetness of the strawberries, immunity boost from the coconut oil and protein in the greek yogurt make us love this smoothie enough to give it a special term of endearment.

Ready in 2 minutes
Prep time: 2 minutes
Serves 2

Ingredients

- 3/4 cup plain Greek yogurt
- 1 frozen banana, peeled, cut into chunks
- 1 cup strawberries, stems removed, roughly chopped
- 1/4 cup milk
- 2 tsp honey
- 1/4 tsp flax oil
- 1 Tbsp coconut oil
- 4 or 5 ice cubes

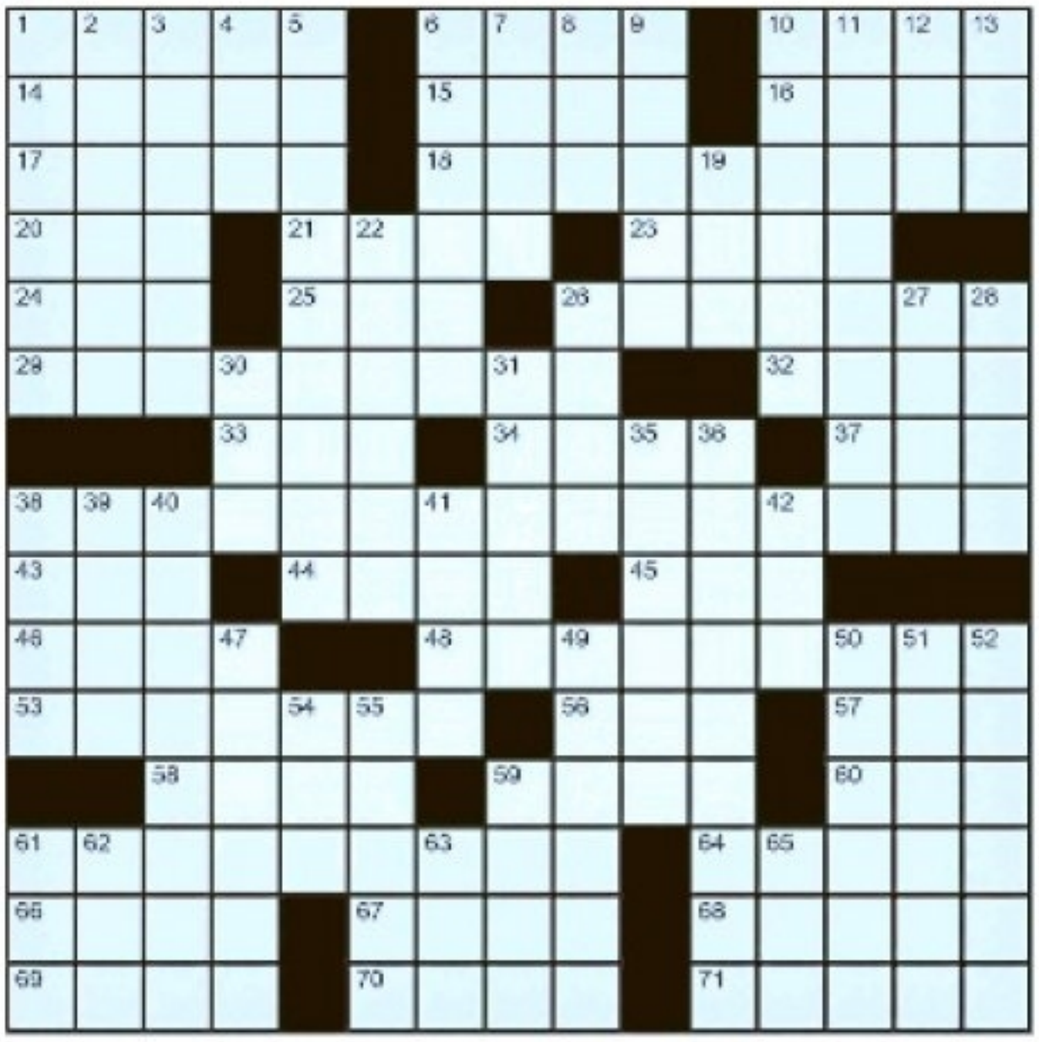
Directions

1. Place all ingredients in a blender and purée until smooth.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Lovely lily
6. Workout venues
10. Flee
14. "He's __ Nowhere Man..." - The Beatles
15. Nothing, in Montreal
16. Brit's bye-bye
17. Fishing net
18. Starter in Italian cuisine
20. 'Neat' suffix (Really tidy person)
21. Fine pursuits
23. Bible-style verb
24. 'Select' suffix
25. Mai __ (Cocktail)
26. Missionaries in early Canada like Jean de Brebeuf (b.1593 - d.1649)
29. Luminary
32. Breeze
33. Simon Garfunkel link
34. Mr. Stoltz
37. "__ Town": Song by #38-Across
38. 'Till the Wheels Come Off' is this Canadian band's debut album: 3 wds.
43. 'Street' in Sherbrooke
44. Young hawk
45. Light switch position
46. Ancient Egyptian goddess
48. Make stronger
53. Groom's greatest guy: 2 wds.
56. Neckwear piece
57. Street for Freddy of movies
58. River of Russia
59. Walk worriedly
60. Taxi
61. Law office professional
64. 1871 premiere city of Aida
66. Comply with the instructions
67. Ms. Gilpin of "Frasier"
68. Officiated a baseball game
69. Seal herds
70. Olympian queen
71. Saint's trait

DOWN

1. Meower attractor
2. Get there
3. One giving secret info to the press
4. Court concern
5. Whitney Houston hit: 3 wds.
6. Dei __ Regina (By the grace of God, the Queen)
7. Yangs counterparts
8. Converged
9. Sneering
10. Married or single, for example
11. Capitalize: 3 wds.
12. Affixed, abbreviated
13. Spiritual 'way'
19. Negative opposite, briefly
22. What the has-no-more-water well did: 2 wds.
26. Mean man
27. Stretched tight
28. Nimble
30. Downcast
31. V-formation Canadian fliers
35. Well-known, as symbols
36. Mug: 2 wds.
38. Hip-Hop house
39. River of England
40. Idled
41. Get a paycheck
42. ET's craft
47. Wanders
49. Roma's realm
50. Food Network Canada creation
51. Purplish-red
52. Incarnate
54. Seasickness, __ de mer
55. Hebrew alphabet's first letter
59. Henry VIII's sixth/last wife Catherine
61. Coke or Pepsi
62. Blood-typing letters
63. "__ whiz!"
65. Pierre's friend

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
It's a mixed bag when it comes to dealing with partners and close friends today. Earlier in the day, all is sweetness and light but later, intense emotions create power struggles.

Taurus April 21 - May 21
Be careful not to promise more than you can deliver at work today, because later, someone will hold you accountable. Be reasonable and realistic.

Gemini May 22 - June 21
This is a feel-good day! Enjoy movies, musical performances, sports events and social outings, especially playful times with children. Be patient late in the day when tempers are testy.

Cancer June 22 - July 23
This is a good day for a family gettogether. It's also a good day to explore real-estate possibilities or ways to improve your home. Avoid family arguments late in the day.

Leo July 24 - Aug. 23
Your enthusiasm for something will inspire others around you. However, it might put you at odds with someone later in the day. Easy does it.

Virgo Aug. 24 - Sept. 23
This is a good day to make money. It's an excellent day for business. Later today, the breakdown of machinery or a power struggle with someone could create problems.

Libra Sept. 24 - Oct. 23
Today the Moon is lined up with your sign, which makes you sympathetic and generous. You wish the best for someone and are willing to help. Avoid arguments later in the day.

Scorpio Oct. 24 - Nov. 22
Basically, this is a feel-good day for you! You feel sympathetic toward someone and are willing to put this person's wants and needs before your own. (This is noble.)

Sagittarius Nov. 23 - Dec. 21
You will find it easy to be with friends, especially members of groups, because you are warm and sympathetic to everyone. Furthermore, you feel you are all working for a common cause.

Capricorn Dec. 22 - Jan. 20
You look good in the eyes of others today. Bosses, parents and VIPs admire you. Nevertheless, avoid arguments late in the day. Just zip thy lip.

Aquarius Jan. 21 - Feb. 19
Travel plans are exciting. You might also be stoked about opportunities in publishing, the media, medicine, the law and higher education. You rock!

Pisces
Feb. 20 - March 20
This is a good day to settle differences and discuss wills, inheritances and shared property. However, avoid power struggles later in the day.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

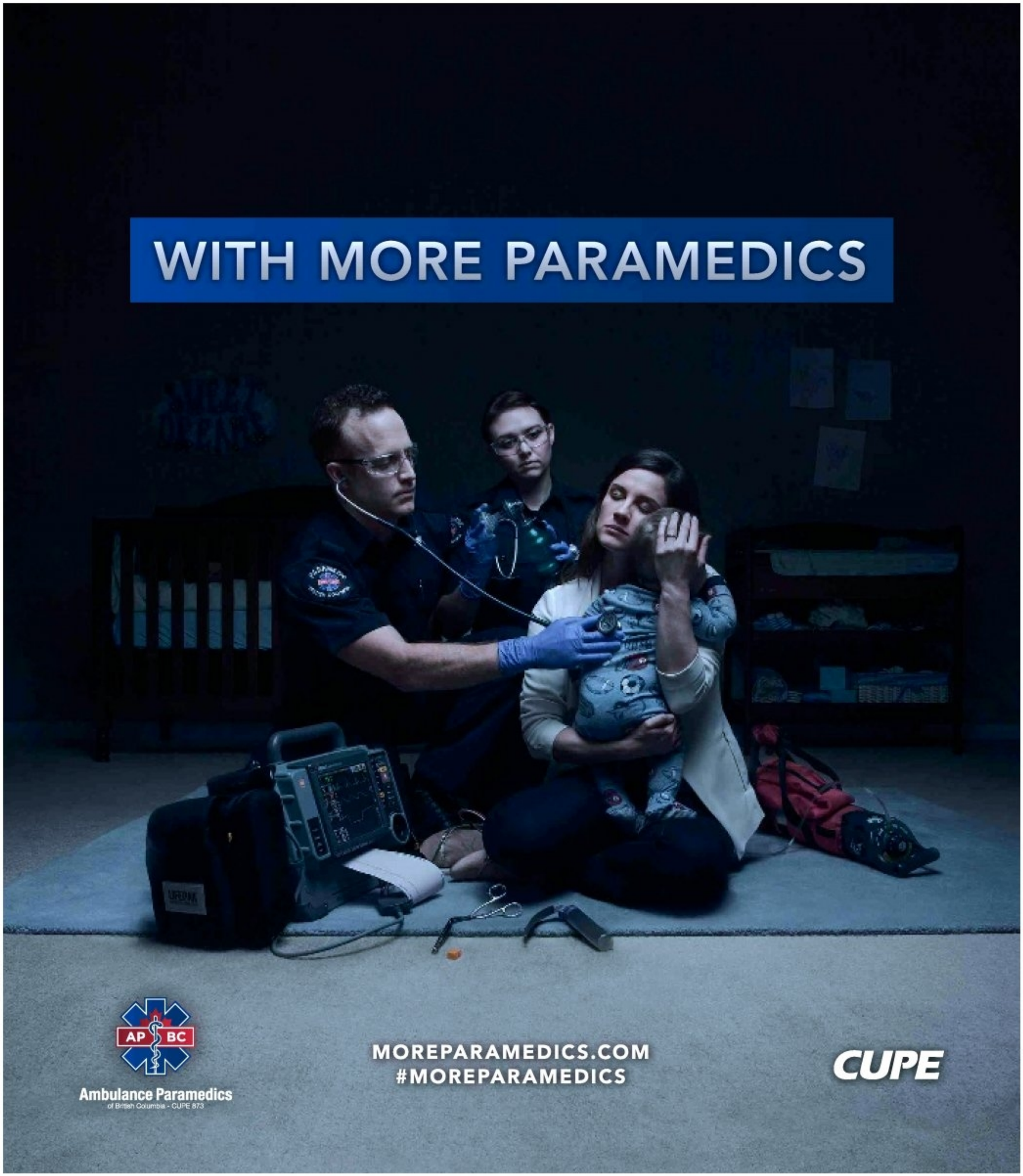
		2		5	1			
			4		9	6		
9		4						
			6			2	8	
3			1		7			9
	6	1			4			
						7		2
		3	9		2			
			8	4		9		

©2014 Conceptis Puzzles, Ltd. by king features Syndicate, Inc.

MOSAIC's 6th Annual
CAREER & JOB FAIR

Tuesday, April 11, 2017
10:00 am - 4:00 pm
Croatian Cultural Centre
3250 Commercial Drive

Come out to meet recruiters - over 60 companies are hiring for hundreds of Jobs!
For more info & to register please visit mosaicbc.org/careerfair


WITH MORE PARAMEDICS
AP BC
Ambulance Paramedics
of British Columbia - CUPE 873
MOREPARAMEDICS.COM
#MOREPARAMEDICS
CUPE